

# PI CHAPTER QUARTERLY



## JOIN OUR UPCOMING INDUCTION!

The next Delta Kappa Pi Chapter induction will take place on Monday, March 8th at 6:00 CST. All members are invited to join the Zoom ceremony and welcome new inductees to our chapter.

Here is the [ZOOM LINK](#) to join!

## TEST QUESTION OF THE QUARTER

*A therapist meets with a young adult client who recently graduated from college and has moved back home due to a lack of employment. The client shares that since graduation he has been depressed because he misses his friends, cannot find a job he likes, and is frustrated with his parents treating him like a child, making him come home early and not allowing him to be independent. How would a systems therapist proceed?*

- A.** Ask the client to bring his family to the next session. Uncover the positive and negative feedback loops that exist within the family. Identify client's support system outside of family.
  - B.** Ask the client to bring his family to the next session. Uncover the positive and negative feedback loops that exist within the family. Refer client for career counseling.
  - C.** Assess client's level of depression. Assess client's ability to communicate his feelings and needs to his parents. Explore client's goals for therapy.
  - D.** Assess client's level of depression. Assess client's ability to communicate his feelings and needs to his parents. Utilize circular questioning to identify dysfunctional communication patterns.
- (Answer on Page 5)





## MEET YOUR NEW PI CHAPTER PRESIDENT!

Hey there Pi Chapter! My name is **Rebekah Torres**, and I'm thrilled to have been voted in as the new **President** for the Pi chapter of Delta Kappa, so thank you all! I am currently in the last year of the MFT program, with my practicum/internship scheduled to start in January. I'm originally from the small town of Rowlett, TX, but am residing in the San Antonio, TX area with my wonderful wife and our two puppies (Jack Russell Terriers)! When I'm not busy with school or work, I like to go camping with my family, host game nights, or take our dogs to agility classes.

As the Chapter's President, one of my goals is to increase member activity. I'm doing so, mentorships and friendships can form between members. Those who have been newly inducted can reach out to members who have experienced residencies or various classes, members finishing up course work can reach out to members in their fieldwork experience, members can also reach out to alumni as they prepare to take the national exam, etc. Another goal I have is to appoint a member for the Elections Committee Chair, so if you would like to gain some experience in a leadership role, feel free to reach out to me. I am super excited about this opportunity and can't wait to see where these next two years take us!

## WELCOME IKEYSHA TUCKER!

Hi, My name is **Ikeysha Tucker** and I am the new **Executive Vice President** for Delta Kappa's Pi Chapter. I graduated from Columbus State University with a B.S. in Sociology and a Master's in Public Administration focusing on General Government in 1999. I originally wanted to focus my career on University Student Services. During my undergraduate and graduate years at Columbus State University, I held many roles on campus and in student government.

I am an Atlanta Native born in Fulton County, GA, but have lived in Cobb County Georgia for almost 20 years. I have spent most of my professional career working for the Centers for Disease Control and Prevention as a contractor and as a full-time employee within the Office of Public Health and Prepared Response as a Health Scientist. I began the MFT program at Capella in July 2014. I worked full-time and attended classes part-time until July 2018, when I became a full-time student. I experienced a lot of hardships personally while obtaining this degree and now that I am completing my fieldwork, I am certain that all those struggles helped me understand myself and my clients. I have been married for 19 years and have two teenagers and a 2-year-old Goldendoodle. I enjoy dancing, reading sci-fi fantasy novels, playing golf, enjoy anime, and gaming with my husband, and yoga.





## SAY HELLO TO MICAH WYATT!

My name is **Micah Wyatt**, and I am the new Pi Chapter **Membership VP**. I began my educational journey at North Carolina Agricultural and Technical State University. While there, I earned a bachelor's degree in psychology. In the pursuit to continue my education, I later obtained a master's degree in mental and behavioral health from The University of Phoenix; after that time, I was fortunate to publish my first book entitled "Best friends" which took an in-depth look at the beginning stages of marriage for my wife and me, providing positive feedback to those who may be interested in getting married and are unsure about what to expect in those first couple of years.

Once that book was published, it propelled me into the field of marriage and family therapy which in turn landed me at Capella University completing a second master's degree in Marriage and Family Therapy with the plans of becoming a licensed marriage and family counselor. I have worked within the framework of several Enhanced and evidenced-based therapeutic services ranging from MST (Multisystemic Therapy) to Intensive In-Home Treatment, and Community Support. As a Qualified professional and currently operate in the role of Clinical Supervisor of an MST team. I pride myself on the work that I have done with families and it is my intention to continue progressing the field of marriage and family treatment through Ph.D. considerations later in my career aimed at assessing the communication barriers in marriage across cultures and how these barriers can be overcome to enhance the marriage experience.

## LESSONS IN LEADERSHIP FROM BILL NYE

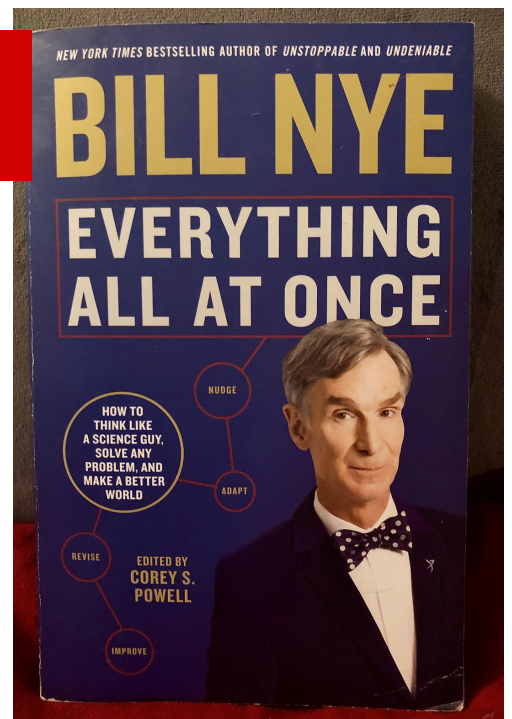
**Written By: Kelly Christopherson**

For my second book review, I've decided to go a little off the topic of therapy and into the world of leadership. I hope you'll join me on this detour.

I discovered the existence of this book while watching an interview through the National Society of Leadership and Success. I was so inspired by the interview that I immediately purchased the book on Amazon and was not disappointed with the takeaway. The book is called "Everything All At Once" and is written by none other than "Bill Nye the Science Guy" (admit it, you totally sang that) but it's not all about science. In fact, while there are definitely bits of science, the majority of this book talks about how to succeed and be a leader in whatever field it is you desire.

This book is filled with words of wisdom, diagrams, facts, humor, anecdotes from Bill's life, and more. If you enjoy being inspired, laughing, and having your mind blown then I highly recommend this book. It's an easy read, well-written, and the length is perfect for all of us busy students, professionals, and "nerds" (you'll understand the quotes once you read it!) who still want to make some time to dive into the world of literature for pleasure.

**Do you have a book you'd like us to read and review? [CLICK HERE](#) to make a recommendation!**







## WILL MENTAL HEALTH BE THE PANDEMIC'S FOURTH WAVE?

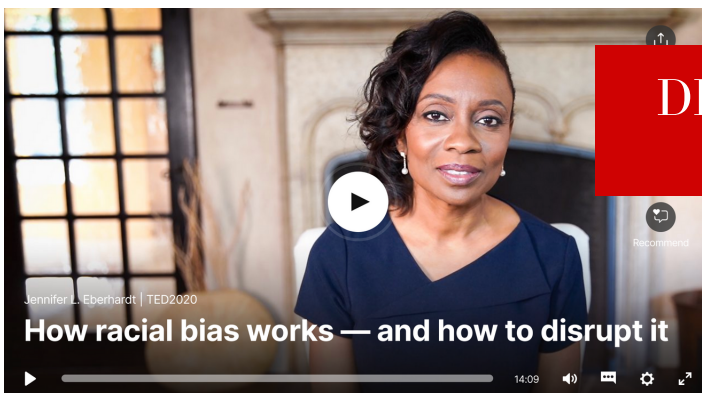
*In this opinion piece from the New York Times, columnist Farhad Manjoo explores the potential mental health ramifications of COVID-19 and the dire shortage of mental health professionals in the U.S. To read more, [CLICK HERE](#).*

*Do you have thoughts on the impact of COVID-19 on mental health? We would love to hear them. Share your perspective [HERE](#).*

## MENTAL HEALTH MEETS RAP MUSIC

*Researchers at UNC-Chapel Hill have found that mental health references in rap music more than doubled between 1998 and 2018.*

*What can we learn about pop culture conversations surrounding mental health and how can we use music to connect with our clients who find it difficult to vocalize their struggles? Follow [THIS LINK](#) to read more.*



## DISRUPTING RACIAL BIAS WITH DR. EBERHARDT

*This June 2020 TED Talk takes a close look at implicit racial bias and addresses how we can disrupt it with friction. [WATCH HERE!](#)*



## TEST QUESTION ANSWER AND EXPLANATION

*The correct answer to the test question is (C),*

*This is the only answer that addresses the client's presenting issues, while also incorporating systems theory. A therapist working from a systems approach would still want to understand the client's level of depression, though it would be considered in the context of the client's environment. In addition, we would want to understand the client's goals for treatment before determining if and when to bring the parents into therapy. Answers (A), (B), and (D) can all be ruled out because they each have components that require other family members to be in the room or because they are using systems theory terms incorrectly.*

*Test question provided by therapistdevelopmentcenter.com*



## TRANSITIONING TO APA STYLE 7TH EDITION

*Maybe you've heard that it's time to transition to APA 7th Edition...maybe you also just finally got the hang of APA 6. Reprogramming our brains can be a challenge, but APA does have tools to make the transition easier!*

*Whether you're conducting research in the field, writing a doctoral dissertation, or completing research papers in the MFT master's program, you can [CLICK HERE](#) to view APA's step-by-step tutorial on all the formatting and citation changes you need to know.*

*What's new in APA 7?*

*There are some formatting changes to the title page, in-text citations, and reference page citations. There are new guidelines for citing podcasts, social media posts, and YouTube videos. And APA 7 has moved toward person-first language and identity-first language to encourage bias-free writing.*

## HOW CAN WE DO BETTER?

*These newsletters are for YOU! So, we really want you to enjoy the information included in them. Do you have suggestions or comments on how we can improve? Please let us know!*

*Provide feedback and make recommendations for future newsletters [HERE](#).*